

CAMPUS MINISTRY

MONASTIC RETREAT AT OKA: Spend a quiet weekend with the Trappist Monks. Use your time for personal reflection and prayer, participate in a few group exercises, and join the monks when they chant the centuries old *Prayer of the Hours*. **October 25-27**, Maximum 20 people. The cost is \$55 for students and \$65 for others. Preparatory meeting October 23 at 7 p.m. at Belmore House (L-WF100-10 – 2496 West Broadway). For more information: David Eley, S.J. (848-3587). Peter Côté (848-3586) or Daryl Ross (848-3585).

INTERNATIONAL STUDENT'S BRUNCH: On Sunday, October 20th, Campus Ministry and the Loyola Chapel Community will be hosting their semi-annual **International Students Brunch**. This event is open to all international students and their families, especially newly arrived students. The food is excellent and the company is great, so come along and join us! Please call **848-3588** ahead of time to let us know you are coming as space is limited.

MOTHER HUBBARD'S CUPBOARD: Monday Night Meals. This semester Mother Hubbard in conjunction with the Peer Helpers and the Campus Ministry *Food Voucher Program* is cooking a vegetarian supper every Monday night at Annex Z. The meal is served from 5-7 p.m. and costs \$1. It is open to Concordia students and their families or roommates. Contact Daryl Lynn Ross (848-3585).

THE SPIRIT OF CHRISTMAS DRIVE: This annual event is the sole support of Campus Ministry's **Emergency Food Voucher Program** which provides last resort assistance to hungry students throughout the year. We can always use volunteers, and there are several ways that you or your group can help. To find out more call Peter Côté at 848-3586.

MULTI-FAITH DIALOGUE: Students meet for a 'brown bag' lunch discussion that is designed to promote understanding and dialogue between members of various faiths. Wednesdays noon to 1 p.m., in Annex T (2030 Mackay) 3rd floor conference room. Those interested should call Matti Terho (848-3590).

PRISON VISIT PROGRAM: A dialogue program between students and inmates at the Federal Training Centre. There will be two four-week sessions on Monday nights from 7-9 p.m. The next four-week session begins on November 4 – Orientation meeting Monday October 28, at 3 p.m., Annex Z. For more information contact Matti Terho (848-3590) or Peter Côté (848-3586).

MEDITATION: BEING PEACE: Relaxing, Centering & Concentrating, Attuning to our spirit. Beginners are always welcome, instructions given at each session. Call Daryl Lynn Ross (848-3585) for more information. Wednesdays, 12 – 1 p.m., Annex Z, Room 105; Thursdays 12 – 1 p.m., at Belmore House L-WF (2496 West Broadway).

A HEALING JOURNEY THROUGH THE 8 STAGES OF LIFE (E. ERIKSON) An eight session workshop designed to explore Erikson's stages of human development and opening yourself up to God's loving and healing touch... The workshop will assist you in becoming grateful for your gifts as well as in healing the hurts that continue to block your growth and development. Drawing from positive memories and experiences, and healing negative ones will empower you to grow in the ability to give and receive love. Wednesdays 1:30-3 p.m., Annex Z 105. For more info: Michelina Bertone, SSA. (848-3591)

A GATHERING OF MEN is a group that allows men to explore what it is to be a man within today's realities. In an environment of trust and mutual respect the group explores the various facets of their male identity and looks at developing a new model of manhood for today's world, on a personal level. Thursdays at 7 p.m. For information call Matti Terho (848-3590)

FOCUSING: THE INWARD CONNECTION – A Step to Freedom: A seven session workshop designed to explore the FOCUSING process/ technique. Learn to get in touch with your body's inherent wisdom, creativity and self healing. Tuesdays 1:30-3 p.m. Annex Z 105. For information: Michelina Bertone, SSA. (848-3591).

CHRISTIAN MEDITATION as taught by Dom John Main O.S. B., every Thursday beginning at 11am, daily Eucharist follows.

EUCCHARIST (RC) IN THE LOYOLA CHAPEL: Daily (Mon-Fri), at 12:05 p.m., and on Sundays at 11:00 a.m., we celebrate the Eucharist in the **Loyola Chapel**. Our worship community is warm and welcoming and we would love to have you join us.